

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	18	41	41
Gender			
Males	16	43	41
Females	19	40	41
Ethnicity			
White	17	39	44
African American	22	26	52
Latino	22	41	38
Asian/Other	7	56	38
Income			
≤\$19,999	20	37	44
\$20,000 - \$49,999	21	42	37
≥\$50,000	14	41	44
Federal Poverty Level			
≤ 185%	16	40	44
> 185%	18	42	40
Food Stamps			
Yes	22	31	47
No	17	42	41
Overweight Status			
Not at Risk	15	38	46
At Risk/Overweight	23	44	33
Physical Activity			
≥60 minutes	20	39	41
<60 minutes	14	44	42
School Breakfast			
Yes	8	42	50
No	19	41	40
School Lunch			
Yes	19	39	42
No	16	44	40
Nutrition Lesson			
Yes	14	45	41
No	21	36	42
Exercise Lesson			
Yes	15	40	44
No	22	43	35

¹ Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005